Mountain Weather Forecast

Lake District National Park

Forecast valid from 06:00 on Monday 22 Jan 2024 until 23:59 on Tuesday 23 Jan 2024

Forecast Issued on Monday 22 Jan 2024 at 01:37

Confidence: High for very unsettled conditions through the coming week with very windy conditions likely but lower for details. Please check with latest forecast before venturing onto the fells.

Headline for Monday 22 Jan 2024: Remaining very windy with sunny spells and snow showers.

Mountain weather hazards on Monday 22 Jan 2024

Blizzards Low Likelihood	**Heavy persistent snow** No Likelihood	**Storm force winds** Low Likelihood
Gales High Likelihood	**Severe chill effect** High Likelihood	**Poor visibility** Low Likelihood
Thunderstorms Low Likelihood	**Heavy persistent rain** Low Likelihood	**Strong sunlight** No Likelihood

Weather and chance of precipitation at 800m					
Time					
06:00	09:00	12:00	15:00	18:00	21:00
Light snow	Heavy snow	Heavy snow	Heavy snow	Light snow	Light snow
Precipitation probability					
30%	30%	30%	30%	30%	20%

Forecast for Monday 22 Jan 2024

Weather: Outbreaks of occasionally heavy rain clearing through the early hours with, above about 600m, increasingly wintry showers following, but conditions underfoot very wet with fast flowing watercourses due to Sunday afternoon's heavy rain. Then a very windy day and cold day with sunny spells and occasionally heavy snow showers, these falling increasingly as rain below about 600m, with temporary blizzard conditions possible, especially over the higher fells. The showers ease through the evening with clear spells developing.

Chance of cloud-free hill tops above 800m: Around 75%

Low cloud and visibility: Occasional cloud expected above about 750m, lowering to 600m at times in or near showers. Away from cloud visibility very good but several kilometres in early rain and around a kilometre in snow showers and near zero in temporary blizzards.

Check our weather forecast every day to get the most accurate and up to date information
https://www.metoffice.gov.uk/weather/specialist-forecasts/mountain
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Mountain Weather Forecast

Forecast for Monday 22 Jan 2024

Height (m)	Wind Speed mean/gusts (mph) Wind Direction (blowing from)						
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
900	51/62 W	47/59 SW	46/59 W	47/60 W	51/64 W	48/61 W	41/53 W
600	42/54 W	39/53 SW	38/52 W	39/53 W	41/56 W	39/53 W	33/46 W
300	15/44 W	15/42 W	15/42 W	16/44 W	18/48 W	16/45 W	15/38 W
Valley	16/41 SW	18/42 SW	18/42 W	18/42 W	19/45 W	16/41 W	14/34 W

Height (m)	Temperature / Feels Like (°C)						
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
900	-0/-10	-1/-11	-1/-11	-1/-11	-2/-12	-1/-11	-1/-10
600	2/-6	1/-7	2/-7	1/-7	0/-8	1/-7	1/-6
300	5/0	4/-1	4/-0	4/-1	3/-3	4/-2	4/-1
Valley	7/3	6/2	7/2	6/2	5/1	6/2	6/2
Freezing Level*	800m	800m	700m	700m	600m	700m	800m

**Level above which ground is expected to be frozen/snow is expected to settle.*

Meteorologist's View

Gusts around 80mph through much of the day before easing later. Feeling bitterly cold, especially at height.

Forecast for Tuesday 23 Jan 2024

Weather: Mainly dry through early hours but heavy rain, proceeded briefly by summit sleet or wet snow, soon spreading east. Very wet ground conditions continuing after recent and current heavy rain, and a thaw of any lying snow. Rain clears to showers through the late afternoon and evening.

Maximum wind: Southwesterly 30-35, gusts around 55mph over ridges and summits, increasing 40-50mph in the afternoon, with gusts close to 90mph over ridges and summits in evening.

Chance of cloud-free hill tops above 800m: Around 75% at first and again in evening, otherwise close to zero.

Low cloud and visibility: Occasional cloud, becoming periods or persistent through the morning, above 600-750m lowering to 450m at times, cloud then lifting and breaking through the evening. Away from cloud visibility very good falling to several kilometres in rain and evening showers

Temperature: **Valleys:** Around plus 5 Celsius at dawn rising to plus 12 Celsius by day
At 800m: Around zero Celsius rising to plus 5 or 6 Celsius by late morning
Freezing level: Around 800m but rising above summits by midday

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Mountain Weather Forecast

Ground Conditions Supplement

Date: Sunday 21 January 2024. Location: Blencathra summit at 11:00. Full report: The turbo thaw, high winds & driving rain continue and there is a lot of variability in the remaining snow cover. Generally it is to be found on north through east aspects above 600m, in gullies and behind features. There were a number of long uninterrupted ribbons stretching down the hillside and it would be possible to slide a long way in the event of a simple slip on the saturated but firm snow. Any remaining cornices (snow overhangs) will be slumping as they thaw and should be given a wide berth. Many streams and rivers are now in spate with localised flooding and some stream crossings may become impassable. There is still a surprising amount of ice surviving even at lower elevations especially where the snow has been compressed by walkers feet on popular paths. Scales Tarn (600m) was still completely frozen but obviously not strong enough to walk on. Microspikes and trekking poles were very worthwhile today even on the easiest paths. Gusty winds on the summit were reaching 50mph but escalated quickly during the descent with 70mph+ whipping through. There is an amber warning for high winds this evening and tonight with the potential for 100mph+ gusts on the summits. At these levels there is a significant risk of being blown over or even going airborne with a high risk of injury. Tomorrow (Monday) is forecast to be a bit calmer but still with very challenging conditions. The freezing level is forecast to drop to 800m tomorrow which will quickly freeze the saturated snow giving serious conditions underfoot so crampons and an ice axe will be essential on the higher summits especially if your route takes you on to exposed and consequential ground such as the Helvellyn Edges. Microspikes and trekking poles will also still be useful at lower altitudes. Full winter clothing (waterproofs, extra warm layers, hat and gloves), mountain boots and equipment including a torch, map and compass combined with the skills to use them and some sound mountain judgement will be key for adventures in the hills as Storm Isha blows through. Temperature: plus 3.6 C, Maximum wind speed 50.1 mph, Wind chill: minus 4.9 C, Average wind speed: 29.0 mph.

Issued at: 01:37 on Mon 22 Jan 2024

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